

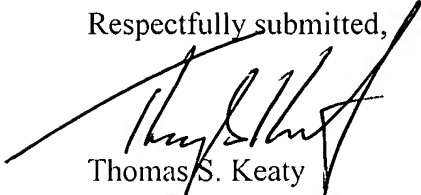
REMARKS

This is a response to the Office Action of November 13, 2007. A shortened statutory period for response to the Office action was set to expire three months from the date of the letter, making a response due on or before February 13, 2007. Claims 1- 19 are pending in the application. Claims 1-7, 9-16 and 18 were rejected under 35 U.S.C. 102(e) as being anticipated by Ullman (US 6,685,600). Claims 8 and 17 were objected to. The applicant amended Claims 8 and 17 to place the claims in condition for allowance and canceled the rejected claims. The applicant reserves the right to file a continuation application on the rejected claims. The Patent Office is authorized to charge Deposit account No. 11-0260 for the extra independent claims.

It is believed that Claims 8 and 17 are now in condition for allowance, and issuance of an early Notice of Allowance is respectfully requested.

<p>CERTIFICATE OF MAILING</p> <p>I hereby certify that this correspondence is being deposited with the United States Postal Service with sufficient postage as First Class mail in an envelope addressed to:</p> <p>Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313 MS: Amendments</p> <p>On: <u>2/12/07</u> By: <u>Debra Hom</u> Debra Hom</p>
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Respectfully submitted,

  
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1- 7 (cancel)

8. An apparatus for exercising an upper torso, comprising:

an upright member adapted for positioning on a horizontal surface;

a support assembly secured to the upright member;

an arcuate guide means mounted in an upper portion of the support assembly;

a pair of handhold means having axes of rotation spaced at a selected distance from each other, each handhold means comprising an upper end pivotally mounted and detachably repositionable with respect to the guide means; and

means for adjusting resistance to movement of said handhold means when the distance between the axes of rotation is decreased by a user, said means for adjusting resistance comprising a weight means mounted in said upright member and a gear assembly operationally connected to the weight means and to the handhold means, and wherein said resistance means further comprises a distant pivot assembly operationally connected to the gear assembly, a proximal pivot assembly mounted on the arcuate plate and operationally connected to the distant pivot assembly and to the handhold means, said distant pivot assembly and said proximal pivot assembly being connected by an elongated extendable arm.

9 – 16 (cancel)

17. An apparatus for exercising one or more shoulder joints of a user, comprising:

an upright member adapted for positioning on a supporting surface;

an overhead support assembly secured to the upright member and extending from a front thereof;

an arcuate guide means mounted in said overhead support assembly;

a pair of handhold means having axes of rotation parallel to each other, each handhold means comprising an upper end pivotally mounted and detachably re-positionable at a plurality of selected locations along the length of the guide means; and

a means for adjusting resistance to movement of said handhold means when a distance between the axes of rotation is decreased by a user, said means for adjusting resistance comprising a weight means mounted in said upright member and a gear assembly operationally connected to the weight means and to the handhold means, and wherein said resistance means further comprises a distant pivot assembly operationally connected to the gear assembly, a proximal pivot assembly mounted on the arcuate plate adjacent the upper ends of the handhold means, said proximal pivot assembly being operationally connected to the distant pivot assembly by an elongated extendable arm.

18. (cancel)